

## Lesson Plan: FSNE Curriculum

# Nutrition During Pregnancy



### Learning Objectives

*At end of lesson participants will be able to:*

- State how good nutrition affects unborn baby.
- Identify total amount of weight gain needed for a woman of normal weight, underweight, or overweight.
- Identify why weight gain is important.
- Identify amount of extra calories a pregnant woman needs.
- Name three nutrients pregnant women need in excess of other females.
- Name three foods high in folate and state reason extra folate is needed by pregnant women.
- Identify three foods high in calcium and state reason calcium is needed by pregnant women.
- Identify foods high in protein and state reason extra protein is needed by pregnant women.
- Identify foods high in iron and state reason extra iron is needed by pregnant women
- Name three substances to avoid during pregnancy.
- Name three ways each to lessen severity of morning sickness, heart-burn, and constipation associated with pregnancy.

### Suggested Materials To Aid in Teaching Lesson:

- DVD Player \*
- DVD: Nutrition During Pregnancy
- Nutrition During Pregnancy Lesson Script (available in color or black & white)
- Nutrition During Pregnancy Handouts (available in color or black & white)
- Supplemental Materials: May be printed in color or grayscale  
Pregnancy Fact Sheet

\* In some cases material may be more effectively taught with flip charts rather than in DVD format

### Lesson Preparation Tips:

Review lesson and all handouts. Be familiar with the content of the lesson and accompanying handouts. Practice the lesson and activity ideas so that you are comfortable with the material.

Choose handouts according to participants' needs and make enough copies of handouts for all in attendance.

If cooking or demonstrating gather the food and equipment necessary to prepare recipe.

Gather items needed for any activity ideas you will use.

Refer to references at the end of the lesson (citations page) to gain additional information about this subject material.

### Activity Ideas:

Help participant figure out the number of pounds she should gain in her pregnancy in relation to her pre-pregnancy weight. Be sensitive to participants willingness to participate in this activity. Do not do this if she is hesitant to discuss her weight.

Help participant plan a menu that includes the extra nutrients she needs while pregnant. Be sure to includes foods high in folate, calcium, protein, and iron.

Help participant make any of the recipes found in the curriculum handout.